



# 2003-2004 SCHOOL NUTRITION EDUCATION PROGRAM



NUTRITION POLICY AND EDUCATION  
MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES



**Missouri Department of Health and Senior Services**

P.O. Box 570, Jefferson City, MO 65102-0570 Phone: 573-751-6400 FAX: 573-751-6010



**Richard C. Dunn**  
Director

**Bob Holden**  
Governor

Dear Missouri Educator,

Thank you for your interest in providing nutrition education for Missouri's children. This curriculum is made available through the School Nutrition Education Program within the Unit of Nutrition Policy and Education, Division of Community Health, Department of Health and Senior Services. Our program's goal is to assist you in improving nutrition-related behaviors of Missouri students through evaluated curriculum.

All curriculum offered has been evaluated by a Registered Dietitian and is aligned with Missouri Show-Me Standards. The curricula also meets knowledge and content standards required in other subject areas. We make this curriculum available to you at no cost but do require a commitment from you to complete the surveys necessary in evaluating our program. There are some limitations to receiving curriculum that we have outlined on the order form.

Completion of pre- and post- curriculum evaluation surveys for all curriculum you request is required. In addition, any student surveys required by the curriculum must also be completed. If you will be using a curriculum for which a student survey is required with more than 100 students you may contact us to discuss data collection alternatives. You will need to fill out an order form and pre-survey prior to receiving the curriculum. You may mail, fax or e-mail your order to us. When your order is filled, Missouri Show-Me Standards and post-surveys will be provided to you for each curriculum you have selected (allow 4-6 weeks for delivery). After you have completed the curriculum, evaluate the effectiveness of the curriculum through the teacher post survey, conduct the post student survey, if required, and then mail the post surveys back to us.

In order to continue offering curriculum through the School Nutrition Education Program at no charge to Missouri educators, it is necessary that the program be evaluated to determine the benefits. Your cooperation in returning the post-survey following the completion of teaching from the nutrition curriculum you select is appreciated and is vital to the continuation and success of the program.

Thank you for your role in providing quality nutrition education in your school. If I can assist you further or answer questions related to the School Nutrition Education Program, please contact me at 573/751-6183 or fax at 573/522-3244 or e-mail at [arnir@dhss.mo.gov](mailto:arnir@dhss.mo.gov).

Cordially,

Rita Arni, R.D., L.D.  
Child Nutrition Program Manager

[www.dhss.state.mo.us](http://www.dhss.state.mo.us)

The Missouri Department of Health and Senior Services protects and promotes quality of life and health for all Missourians by developing and implementing programs and systems that provide: information and education, effective regulation and oversight, quality services, and surveillance of diseases and conditions.

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
UNIT OF NUTRITION POLICY AND EDUCATION

## CURRICULUM REQUEST FORM - 2003/2004 SCHOOL YEAR

### GUIDELINES FOR REQUESTING CURRICULUM

Curriculum is available for Missouri educators through the School Nutrition Education Program, funded in part through various federal and state funding sources. Program accountability requires that curriculum be distributed according to the following guidelines:

1. Missouri educators may receive curriculum at no charge. *(Non-Missouri requests will not be accepted)*
2. A limit of one of each curriculum per school will be supplied.
3. Educators will be required to complete a pre-survey prior to receiving free curriculum, and a post-survey at the end of the school year in which the free curriculum was supplied. The pre- and post- survey will take approximately 15 minutes each to complete.
4. Student surveys are required for some curricula as indicated on the order form and must also be received by the state prior to curriculum being mailed to the school.
5. Any school may request curriculum, however, 27% of curriculum distributed statewide during the 2003-2004 school year will be distributed to schools with greater than 50% of the student population eligible for free or reduced lunches.
6. Curriculum will be mailed only after all required tracking information is received. Double check the curriculum request form to see that all information is complete.

### PLEASE PRINT CLEARLY

NAME			
NAME OF SCHOOL/AGENCY			
SCHOOL DISTRICT			
STREET ADDRESS			
CITY	STATE	ZIP	COUNTY
UPS DELIVERY ADDRESS		PHONE	E-MAIL ADDRESS

### CURRICULUM SELECTION

Selection	Grade Level	Item
	Pre-K	Food Models and Leader's Guide
	Kindergarten	Food & Me
	1-2	Food Time
	3	Hearty Heart & Friends
	3-5	Food Works
	4	Go for Health 4: Taking Off
	4-5	Eat Well and Keep Moving (Student survey required)
	4-6	Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!
	5	Go For Health 5: Breaking Through Barriers
	6-8	Planet Health
	7-8	YourSELF (Student survey required)
	9-12	GO GIRLS!

### COMMENTS

	<b>STATE USE ONLY</b>
	DESE CODE
	>50% FREE AND REDUCED LUNCHES

Please return this form to:

Rita Arni, R.D., L.D., Unit of Nutrition Policy and Education, Department of Health and Senior Services, P.O. Box 570, 930 Wildwood Drive, Jefferson City, MO 65102-0570. Fax: 573/522-3244 E-mail: [arnir@dhss.mo.gov](mailto:arnir@dhss.mo.gov)

# CURRICULUM

# DESCRIPTION



## Pre-Kindergarten

### Food Models and Leader's Guide<sup>1</sup>

*Developed by*  
National Dairy Council

14 activities give three, four and five year olds opportunities for behavior-based learning and skills building. Activities involve students in music, dramatic play, food preparation and food safety. The cardboard food models are key to suggested activities in these educational materials.

**Contains:** 178 cardboard food models ▲ Teacher/Leader Guide



## Kindergarten

### Food and Me<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will assist in teaching the basics of healthy eating in a meaningful way that engages children and reinforces the message beyond the classroom into children's homes.

**Contains:** A teacher's guide ▲ Children's magazines (set of 30) ▲ Family newsletter (set of 30) ▲ Parent reproducibles ▲ Poster



## 1<sup>st</sup>-2<sup>nd</sup> Grade

### Food Time<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

**Contains:** A teacher's guide ▲ Student reproducibles ▲ Student magazines ▲ Family newsletter ▲ Parent reproducibles ▲ Video ▲ Posters ▲ Spanish version of student magazine and family newsletter



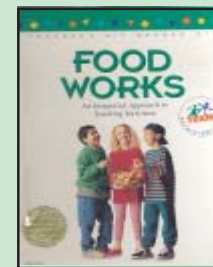
## 3<sup>rd</sup> Grade

### Hearty Heart & Friends<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

Cartoon characters set the stage for students to understand that hearty healthy eating and physical activity are the keys to a healthy lifestyle. Each of the 15 sessions is approximately 40 minutes in length.

**Contains:** 15 lesson plans ▲ Video ▲ 5 reproducible family activity booklets ▲ Reproducible student workbook



## 3<sup>rd</sup>-4<sup>th</sup>-5<sup>th</sup> Grade

### Food Works<sup>2</sup>

*Developed by*  
Scholastic Inc. and  
USDA's Team Nutrition

Includes 8 lessons that will help teach students the basics of healthy eating in a way that engages students and takes the message beyond the classroom to the school cafeteria and into student's homes.

**Contains:** A teacher's guide ▲ Family newsletter (set of 30) ▲ Student magazine (set of 30) ▲ Student reproducible worksheet ▲ 2 posters ▲ Video



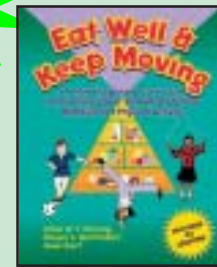
## 4<sup>th</sup> Grade

### Go for Health 4: Taking Off<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

The character of Tellstar, a reporter from Planet Strongheart, teaches students to consume foods lower in fat and sodium. Students are also encouraged to be physically active and learn to make healthier choices. Each of the 24 sessions is approximately 45 minutes in length.

**Contains:** 24 lesson plans ▲ 6 reproducible family activity booklets ▲ Reproducible student workbook



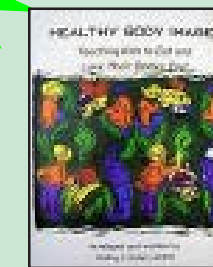
## 4<sup>th</sup> - 5<sup>th</sup> Grade

### Eat Well and Keep Moving<sup>4</sup>

*Developed by*  
a team at  
Harvard School of Public Health

An interdisciplinary nutrition and physical activity curriculum aimed at building lifelong healthy habits. Unlike traditional health curriculum, this curriculum encompasses all aspects of the learning environment; the classroom, the cafeteria, from the gymnasium to school hallways, the home and even community centers.

**Contains:** 44 lesson plans ▲ Reproducibles ▲ CD that contains how-to's for promoting the program in your community ▲ Schoolwide campaign



## 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup> Grade

### Healthy Body Image: Teaching Kids To Eat And Love Their Bodies Too!<sup>6</sup>

*Developed by*  
Kathy J. Kater, LICSW

Uses age-appropriate prevention principles to teach prepubescent children to develop an identity based on inner strengths rather than appearance, become aware of the dangers of dieting, and resist unhealthy cultural pressures regarding weight and dieting. Contains lessons that can fit into existing science, social studies, history, literature, family life and consumer science, and health classes.

**Contains:** 11 lesson plans ▲ Teacher preparation notes ▲ Home education slips ▲ Reference and resource lists



## 5<sup>th</sup> Grade

### Go For Health 5: Breaking Through Barriers<sup>3</sup>

*Developed by*  
Minnesota Heart Health Program

Contains 16 sessions focused on nutrition and physical activity. Each session is approximately 50 minutes in length. Introduces the need for variety in dietary patterns, the Food Guide Pyramid and problem solving around barriers to a healthy lifestyle.

**Contains:** 16 lesson plans ▲ 4 activity newsletters ▲ Reproducible student workbook



## 6<sup>th</sup>-7<sup>th</sup>-8<sup>th</sup> Grade

### Planet Health<sup>5</sup>

*Developed by*  
A team led by Steven Gortmaker,  
Jean Wiecha and Karen Peterson

Interdisciplinary comprehensive health curriculum that provides students the knowledge and skills to develop healthy diet and physical activity habits for life.

**Contains:** 63 lesson plans including; 8 language arts, 8 math, 8 science, 8 social studies and 30 physical education micro-units ▲ Power Down campaign ▲ FitCheck, a self-assessment tool



## 7<sup>th</sup>-8<sup>th</sup> Grade

### yourSELF<sup>2</sup>

*Developed by*  
Team Nutrition

Contains materials for health education or family and consumer science classes that help students learn to make smart choices about eating and physical activity.

**Contains:** A teachers guide ▲ 30 copies of yourSELF magazine ▲ 30 student workbooks ▲ Duplication masters ▲ Video ▲ Poster



## 9<sup>th</sup>-12<sup>th</sup> Grade

### GO GIRLS!<sup>6</sup>

*Developed by*  
National Eating  
Disorders Association

Media advocacy curriculum focuses on enhancing young women's self-esteem and functions as a training program to create and empower savvy media advocates. Based on principles of prevention, it helps girls to understand and impact current media messages related to body image and self-esteem.

**Contains:** 12 weekly lessons ▲ Projects ▲ Activities ▲ Assignments

⇒ <sup>1</sup> <http://www.nutritionexplorations.org/catalog/preschool.asp>

⇒ <sup>2</sup> <http://www.fns.usda.gov/tn/resources/index.htm>

⇒ <sup>3</sup> <http://www.flaghouse.com/default.asp?id=1>

⇒ <sup>4</sup> <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736030964>

⇒ <sup>5</sup> <http://www.humankinetics.com/products/showproduct.cfm?isbn=0736031057>

⇒ <sup>6</sup> [http://cart.nationaleatingdisorders.org/curr\\_main.asp](http://cart.nationaleatingdisorders.org/curr_main.asp)



# Pre Nutrition Curriculum Evaluation Survey

This evaluation survey should take approximately 15 minutes to complete. If you have questions about how to answer any of the questions, please contact Rita Arni by telephone at 573/751-6183 or by e-mail at [arnir@dhss.mo.gov](mailto:arnir@dhss.mo.gov).

1. What grade(s) do you teach? \_\_\_\_\_
2. How many students *by grade* do you have in your classroom this year? \_\_\_\_\_
3. Did you teach nutrition in your classroom last year?  
\_\_\_\_\_ Yes; please continue with the survey.  
\_\_\_\_\_ No; stop survey and please return to Rita Arni.

*If no, please explain.*

4. If you did not use a curriculum provided by the Department of Health and Senior Services, how much did you spend to obtain nutrition curriculum (not supplies) last year? \$ \_\_\_\_\_

5. On an average, how many hours of classroom time each week last semester or last year was spent on nutrition education? Check the appropriate box.

Approximate Hours Spent on Nutrition Education	Last Sem.	Last Year
Average of 1 hour or less per week		
Average of 2-3 hours per week		
Average of 3-5 hours per week		
Average of 6-9 hours per week		
Average of 10 hours or more per week		

6. Did you use a nutrition curriculum last year? \_\_\_\_ Yes \_\_\_\_ No

*If no, please explain.*

7. If you used a specific nutrition curriculum last year, please answer the following questions for **each** curriculum used. Make additional copies of this form as needed. Fill in the requested information in the appropriate blank or circle the number below the response that most accurately describes your experience with each curriculum you used last year.

Name of Nutrition Curriculum:

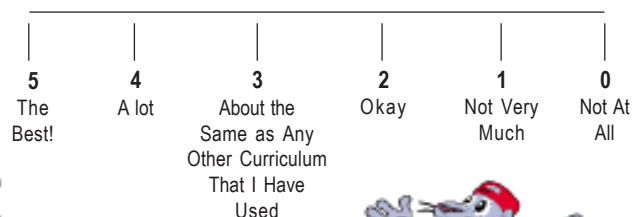
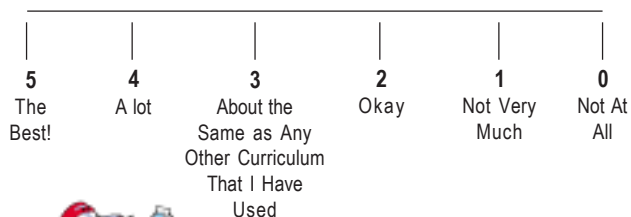
Date Started:

Date Ended:

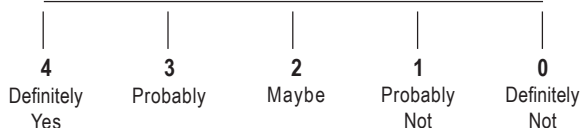
What grade(s) did you use this curriculum with? \_\_\_\_\_

How much did you like this curriculum?

Was this curriculum appropriate for all the children in your class?



Will you use this curriculum again?



8. Was this curriculum followed exactly? \_\_\_\_ Yes \_\_\_\_ No *If your answer was no, describe the changes made.*





# Team Nutrition Student Survey

Please check (✓) the choice that tells best what you do. Thank you.

1. How have you learned about what to eat and how to be active before this school year?

☐ My family  
☐ At school  
☐ At my doctor's office  
☐ Somewhere else, please write in \_\_\_\_\_  
☐ I have not learned about what to eat or how to be active before this year.

3. Do you think eating vegetables every day is important for your health?

☐ Yes ☐ No

4. How many servings of vegetables should you eat every day?

☐ 1-3 servings ☐ 5-8 servings  
☐ 3-5 servings ☐ 8-10 servings

2. How many days a week do you eat breakfast?

☐ 0 ☐ 3 ☐ 6  
☐ 1 ☐ 4 ☐ 7  
☐ 2 ☐ 5

5. How many times a day do you usually eat with your family?

☐ None ☐ Two Times  
☐ One Time ☐ Three Times

6. How many times **a day** do you usually eat or drink the following food items? Put a check in the column that best describes how many times you eat or drink that specific food.

Food Items	I do not eat this food daily	I eat this food 1 time per day	I eat this food 2 times per day	I eat this food 3 times per day	I eat this food 4 times per day	I eat this food more than 4 times per day
Fruits						
Vegetables						
Regular Soda or Pop						
Sugar-free Soda or Pop						
White or Flavored Milk						

7. Do you have rules about TV watching at home? ☐ Yes ☐ No

8. How long do you watch TV on weekdays or weekends? Put a check in the column that best describes how long you watch TV on those types of days.

Number of Hours You Watch TV per Day	Weekdays (Monday through Friday)	Weekends (Saturday and Sunday)
I watch less than 1 hour of TV per day		
I watch between 1 and 2 hours of TV per day		
I watch more than 2, but not more than 3 hours of TV per day		
I watch more than 3, but not more than 4 hours of TV per day		
I watch more than 4, but not more than 5 hours of TV per day		
I watch more than 5, but not more than 6 hours of TV per day		
I watch 6 or more hours of TV per day		

9. How old are you? \_\_\_\_\_

10. Are you a boy or girl? ☐ Boy ☐ Girl

11. What grade are you in? \_\_\_\_\_

**Thank you for completing this survey! Please give the completed survey to your teacher.**

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